

AMENDMENTS TO THE CLAIMS

- 1.-20. (Cancelled)
21. (New) A hormone comprising at least one modified $\Delta 5$ -androstene compound, wherein said compound is modified at the third carbon, the seventeenth carbon or the third and seventeenth carbons with a modification selected from the group consisting of a tetrahydropyranol ether, a 1-methoxycyclopentane ether, a cyclopent-1'-enyl ether and combinations thereof, and wherein said third and seventeenth carbons are not otherwise modified.
22. (New) A hormone according to claim 21, wherein said compound is modified at the third carbon.
23. (New) A hormone according to claim 21, wherein said compound is modified at the seventeenth carbon.
24. (New) A hormone according to claim 21, wherein said compound is modified at both the third and seventeenth carbons.
25. (New) A hormone of any of claims 21-24 wherein the modification produces a substantial increase in oral bioavailability and plasma half life in mammals as compared to non-modified $\Delta 5$ -androstene compounds.
26. (New) A hormone according to claim 21, wherein the least one modified $\Delta 5$ -androstene compound is selected from the group consisting of:
 $\Delta 5$ -androstene-3b-ol-7-one-17b-(1-methoxycyclopentane ether);
 $\Delta 5$ -androstene-7-one-3b,17b-di(1-methoxycyclopentane ether);
 $\Delta 5$ -androstene-7-one-17b-ol-3b-(1-methoxycyclopentane ether);
 $\Delta 5$ -androstene-3b,7a-diol-17b-(1-methoxycyclopentane ether);
 $\Delta 5$ -androstene-7a-ol-3b,17b-di(1-methoxycyclopentane ether);
 $\Delta 5$ -androstene-7a,17b-diol-3b-(1-methoxycyclopentane ether);

Δ 5-androstene-3b-ol-7-one-17b-(cyclopent-1'-enyl ether);
 Δ 5-androstene-7-one-3b,17b-di-(cyclopent-1'-enyl ether);
 Δ 5-androstene-7-one-17b-ol-3b-(cyclopent-1'-enyl ether);
 Δ 5-androstene-3b,7a-diol-17b-(cyclopent-1'-enyl ether);
 Δ 5-androstene-7a-ol-3b,17b-di(cyclopent-1'-enyl ether);
 Δ 5-androstene-7a,17b-diol-3b-(cyclopent-1'-enyl ether);
 Δ 5-androstene-3b-ol-7-one-17b-(tetrahydropyranol ether);
 Δ 5-androstene-7-one-3b,17b-di(tetrahydropyranol ether);
 Δ 5-androstene-7-one-17b-ol-3b-(tetrahydropyranol ether);
 Δ 5-androstene-3b,7a-diol-17b-(tetrahydropyranol ether);
 Δ 5-androstene-7a-ol-3b,17b-di(tetrahydropyranol ether); and
 Δ 5-androstene-7a,17b-diol-3b-(tetrahydropyranol ether).

27. (New) A method for improving the health of a human comprising administering an effective amount of a supplement having at least one modified Δ 5-androstene compound to said human, wherein said compound is modified at the third carbon, the seventeenth carbon or the third and seventeenth carbons with a modification selected from the group consisting of a tetrahydropyranol ether, a 1-methoxycyclopentane ether, a cyclopent-1'-enyl ether and combinations thereof, and wherein said third and seventeenth carbons are not otherwise modified.
28. (New) A method according to claim 27 wherein said compound is modified at the third carbon.
29. (New) A method according to claim 27 wherein said compound is modified at the seventeenth carbon.
30. (New) A method according to claim 27 wherein said compound is modified at both the third and seventeenth carbons.

31. (New) A method according to claim 27 wherein said compound is selected from the group consisting of:
- $\Delta 5$ -androstene-3b-ol-7-one-17b-(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-7-one-3b,17b-di(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-7-one-17b-ol-3b-(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-3b,7a-diol-17b-(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-7a-ol-3b,17b-di(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-7a,17b-diol-3b-(1-methoxycyclopentane ether);
 - $\Delta 5$ -androstene-3b-ol-7-one-17b-(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-7-one-3b,17b-di-(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-7-one-17b-ol-3b-(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-3b,7a-diol-17b-(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-7a-ol-3b,17b-di(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-7a,17b-diol-3b-(cyclopent-1'-enyl ether);
 - $\Delta 5$ -androstene-3b-ol-7-one-17b-(tetrahydropyranol ether);
 - $\Delta 5$ -androstene-7-one-3b,17b-di(tetrahydropyranol ether);
 - $\Delta 5$ -androstene-7-one-17b-ol-3b-(tetrahydropyranol ether);
 - $\Delta 5$ -androstene-3b,7a-diol-17b-(tetrahydropyranol ether);
 - $\Delta 5$ -androstene-7a-ol-3b,17b-di(tetrahydropyranol ether); and
 - $\Delta 5$ -androstene-7a,17b-diol-3b-(tetrahydropyranol ether).
32. (New) A method according to any of claims 27-31 wherein the improvement in health comprises one or more of the following: improving weight loss by increasing fat reduction, increasing energy, reducing fatigue, and increasing T3 thyroid hormone activity.
33. (New) A method according to any of claims 27-31 wherein the improvement in health comprises one or more of the following:

improved immune response, improved neurological condition,
improved memory, increased fat reduction, and increased energy.

34. (New) A method of any of claims 27-30 wherein the modification produces a substantial increase in oral bioavailability and plasma half-life in mammals as compared to non-modified $\Delta 5$ -androstene compounds.
35. (New) A method of any of claims 27-31 wherein the supplement is administered to a human having symptoms of one or more of the following ailments: HIV/Aids, heart disease, lupus, diabetes, depression, low sex drive, and muscular wasting disease and wherein the improvement in health comprises an improvement in said one or more of said symptoms.